



Integrative Health & Wellness

BODY MIND SPIRIT FITNESS

THE IHW PROGRAM AT THE WASHINGTON, DC VETERANS AFFAIRS MEDICAL CENTER
IS PLEASED TO OFFER A NUMBER OF INTEGRATIVE WELLNESS GROUPS

Gentle Yoga
iRest Yoga Nidra & Meditation
Tailored Group Acupuncture
Integrative Nutrition Workshops
T'ai Chi & Qigong
Whole Health Group
Wellness Massage
ACT & MBSR
Integrative Medicine Physician Clinic



If you are interested in these services, please have your provider place a consult for the Integrative Health and Wellness (IHW) Program. After your provider places the consult, you will be contacted to schedule an orientation session.

Attending the orientation is mandatory before participating in IHW program services.
Orientation length: Approximately 1 hour.

Integrative Health and Wellness Program at the DC VAMC
Room 1E 390 Phone: (202) 745-8000 x 53882



Instructions for Providers

To place a consult for the Integrative Health and Wellness Program, please use the instructions on the back of this flyer. Any VA provider can submit a consult to the IHW program. In order to complete the submission and have access to all the available services, a Veteran's primary care provider will need to clear them to participate in movement activities. We do not currently offer individual appointments for any of our services.

Providers can follow these easy instructions to submit a consult for a Veteran who wants to participate in the Integrative Health and Wellness (IHW) Program Groups.

1. In CPRS, select the Veteran being referred
2. Select the "Consults" tab on the bottom of the screen
3. At the top of the screen, select "Action" then "New..." then "Consult"
4. Under "Consult to Service/Specialty" place the consult for "Integrative Health And Wellness Consult"
5. Click the "Accept Order" button
6. Select "Continue" after reading the details on the Service Prerequisites screen

7. Complete all the fields of the consult.

Be sure to indicate whether they are cleared to participate in movement groups. If you are not the PCP, notify the PCP to get clearance for the Veteran to participate

Select all services recommended for the Veteran.

Please provide additional details for your referral.

Your referral will be sent to the IHW program coordinator and the Veteran will be contacted to be scheduled for the mandatory orientation session.